

Supporting Workplace Wellbeing and Learning

5 Ways to Wellbeing Workshops

These fun and informative workshops are designed to support attendees to learn more about the 5 Ways to wellbeing approach, supporting small steps that can be implemented in our daily lives to promote positive mental wellbeing. Topics covered during these workshops include:

- Stress awareness
- Healthy eating
- The benefits of being more active
- Importance of connecting with others and giving back
- Mindfulness
- The benefits of learning new skills or hobbies

Join our next online workshop
sessions via Microsoft Teams!

Thursdays, 3-5pm

Starting 18th April - 16th May
(5 weeks, all sessions must be attended)

For further information or to book, please email college.info@attfe.org.uk
or call 01623 441310.

We are also seeking workplaces who would like to host these workshops in person to support employee wellbeing. If you are interested in hosting a 5 Ways to Wellbeing workshop for your colleagues, please contact Alison Whitton, a.whitton@attfe.org.uk

#FurtherEducation

#InThisTogether

#FEnominal